



Support across life's milestones



Preconception & Trying-to-Conceive Support

Personalized coaching and digital resources including guidance on nutrition, ovulation and intercourse tracking, a variety of mental health resources, and more.



Fertility & Family Building

Comprehensive coverage for fertility care (e.g., IUI, IVF, egg/sperm freezing, reproductive urology support, and more) from a network of top fertility specialists. Financial assistance is also available to help cover eligible adoption and surrogacy-related expenses.



(New!) Pregnancy & Postpartum

Month-by-month pregnancy and postpartum support from labor and delivery nurses with guidance on what to expect, birth preparation, baby feeding, return to work planning, and leave benefit navigation. **Available starting 1/1/2026.**



Menopause & Midlife Care

Virtual care from a network of menopause specialist providers to address your symptoms and provide personalized treatment plans with hormonal and non-hormonal options, paired with 1:1 coaching. **Available to Sony Interactive starting 1/1/2026.**

Is there a cost?

You must be eligible through your employer to access the Progyny benefit. There is no cost to you for Progyny's resources, including unlimited coaching support and digital resources. If you see a physician or receive treatment, you will have financial responsibility according to your plan.

**Give us a call
833.404.2011
to get started**

Our PCAs are available
M-F 9:00 am – 9:00 pm ET to
answer all of your questions, as
often as you need them.